

2011 4 V 4 FLAG FOOTBALL RULES

ELIGIBILITY:

To be eligible, a player must be on the official team roster, held by the Parks and Recreation Department

All eligibility protests must be settled within 24 hrs. after the game or when the protested first enters the game.

Play for one team ONLY!

All players must play in one regular season game to be eligible for the postseason.

Violation of any of the above may mean forfeiture of the game and/or season.

Each team will be granted one injury substitution but that player must play in regular season game to be eligible for post season and once a player has been replaced due to injury he can not return to play for the team in any future games.

PRE-GAME:

Teams must sign in all possible players 5 minutes before the scheduled game time on the score sheet. This must be given to the Supervisor 5 minutes before game time

Pre-game talk with captains:

(a) Ground rules (b) Captains questions (c) Coin toss for home team

THE GAME:

1. No contact allowed.

2. NO BLOCKING.

3. A coin toss determines first possession.

4. Ball must be snapped between the legs to start play. Ball cannot be snapped until 7 yard rush zone has been established. Any ball snapped before rush zone is established will result in false start on the offense.

5. The offense team takes possession of the ball at their 5 yard line and has four (4) plays to cross mid-field. Once a team crosses mid-field, they will have four (4) plays to score a touchdown.

6. If the offense team fails to cross mid-field or score after 3 downs they have the option to "punt", possession of the ball changes and the opposite teams starts their drive from their 5 yard line. If they choose to go for it and fail to convert the ball changes possession at the spot of the ball

7. All possession changes except interceptions start on the offenses 5 yard line.

8. There will be two 20 minute halves with a two minute half time. The clock will run continuously except for during the last two minutes of the game.

9. Each time the ball is spotted a team has :25 seconds to snap the ball. Teams will receive one warning before a Delay of Game penalty is enforced.

Bleeding

Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with bandage before that player can continue playing. If there is blood on a T-shirt, they must get a clean shirt before resuming play.

ATTIRE:

1. Cleats are allowed, except for metal spikes. Inspections can and will be made.

2. Shirts must be tucked in shorts, pants, etc.

3. All players must wear matching uniforms...Pinnies will be available for teams without matching uniforms

PLAYERS/GAME SCHEDULES:

1. Teams must field a minimum of three (3) players at all times.
2. Teams consist of 4,5 or 6 players (4 on the field with 2 substitutes). Your roster can include up to 8 players but only 6 can suit up for any given game.
3. All games will start at the scheduled time. If one team is late the other team can elect to take the forfeit or wait 10 minutes for the other team to show up. For every minute late the team will be docked 1 point. EX. Team A is 5 minutes late to game against Team B the score will be 5-0 for Team B with 35 minutes to play in the game.
4. If a team or teams are more than 10 minutes late for their scheduled games they will be forfeited.
5. We reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.
6. All players must carry I.D. or proof of age.

SCORING:

1. Mercy Rule, If one team is up by 35 points with 10 minutes or less to go the game will be called.
2. TD = 6 points, Extra Point = 1 (5 yards out); 2 (12 yards out), 3 (20 yards out), Safety = 2 points.
3. All forfeits will be scored 14-0.

TIME OUTS:

1. Each team has one :60 second time out per half, in which the clock stops.
2. Officials can stop the clock at their own discretion.

RUSHING THE QB:

1. All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.
2. Players not rushing the QB may defend on the line of scrimmage.
3. Once the ball has been handed off the 7 yard rule is no longer in effect and all defenders are eligible to rush.
4. A special marker, or the referee, will designate 7 yards from the line of scrimmage.

RUNNING:

1. The Quarterback CAN NOT run the ball.
2. Only direct hand-offs behind the line of scrimmage are legal. Laterals are allowed but the ball is dead at the spot it hits the ground. Offense may use multiple hand-offs.
3. The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
4. "No Running Zones" are located 5 yards before midfield and 5 yards before the end zone in each offensive direction.
5. "No Running Zones" are designed to avoid short yardage power running situations.
6. Spinning is allowed but players cannot leave their feet to avoid a defensive player.
7. The ball is spotted where the ball carriers belt is when the flag is pulled, not where the ball is. Ball & flags must break the plane for a 1st down and touchdown.

PASSING:

1. All passes must be forward and received beyond the line of scrimmage.
2. Shovel passes are allowed but must be received beyond the line of scrimmage.
3. QB has a 7 second "pass clock". If a pass is not thrown within the 7 seconds, play is dead, loss of down, ball returns to line of scrimmage. Once the ball is handed off the 7 second rule is no longer in effect.
4. Interceptions may be returned. Interceptions during Extra Point may be run back for 2 points. If an interception occurs in the end zone and the player's flag is pulled before he leaves the end zone, the ball will be spotted on the 5 yard line.

RECEIVING:

1. All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time.
3. Player must have at least one foot in bounds when making a catch.

Tackling:

Tackling is done by pulling the opponents flag.

Physical tackling is illegal and ruled as unnecessary roughness. 10 yard penalty

If flagrant, the tackler will be disqualified.

Illegal contact is also ruled when defense put arms around the runner in order to pull flags-

Penalty 10 yds

If the flags inadvertently fall off a player, the one hand touch method will be used to "de-flag" the runner

A defensive player may not remove an offensive player's belt prior to the receiver touching the ball - Penalty = (10 yds and AFD)

Players may not illegally fasten flags to his uniform/body - Penalty = 10 yds - Officials will check belts after every score and PAT

If a player attempting a flag removal, trips the ball carrier there is a 10 yard penalty from the spot of the foul.

DEAD BALLS:

1. Play is ruled "DEAD" when:
 - Offensive player's flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown is scored.
 - Ball carrier's knee, hand or the ball hits the ground.
 - Ball carrier's flag falls out and player is one hand touched.
 - Receivers flag falls out (play is dead at the point of the reception).
1. There are no fumbles. Ball is spotted where it hits the ground, anytime the ball touches the ground it is dead.

SPORTSMANSHIP/ROUGHING:

1. If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike-like act, the game will be stopped and the player can be ejected from the game. Flag Football coordinator may decide to eject players from the tournament. FOUL PLAY WILL NOT BE TOLERATED. In the event of an ejection from play NO REFUND will be given.

EJECTIONS:

The Parks and Recreation Flag Football program is designed to give everyone an opportunity for a fun, recreational experience in athletics. Poor sporting conduct in any form is inconsistent with this aim and will not be tolerated. The following are displays of poor sporting conduct:

The use of excessive profanity.

Derogatory, abusive or threatening remarks toward an official or an opponent...

Any illegal intentional physical contact or attempted physical contact with an opponent or official.

Alcohol is prohibited at all Parks and Recreations competitions and practice fields and facilities.

Possession of alcohol by the team or individual during a Recreation contest will result in automatic disqualification of the team from the league. There is no appeal from this decision and it can be delivered either by the Recreation Specialist or Recreation Director.

Profanity and/or "trash" talking between two teams will NOT be accepted. Any participant who commences in "trash" talking will be removed from the field of play immediately upon first offense. He must then sit out the remainder of that half. On second offense player will sit out remainder of half and next game. If there is a third offense the player will no longer be allowed to participate in the program.

A field Supervisor, official, or the Recreation Specialist may eject a player from contest for unsporting conduct. The game will be forfeited if, after the official notifies the team captain, the ejected player refuses to leave the game area.

A player ejected from a game is suspended for the remainder of the season, although he or she may see the Recreation Specialist to request to be reinstated.

The Specialist, in collaboration with the Director, may take further action on any rules violation, including permanently suspending a participant from the Recreation Flag Football Program.

OVERTIME:

1. Games tied at the end of regulation during the season will be recorded as ties.
2. If the score is tied at the end of 40 minutes, teams move directly into overtime.
3. Coin toss determines possession.
4. Overtime winners will be determined by an extra-point shoot-out in which points are awarded to teams for successful conversions.
5. Each team will have the option to go for a one-point conversion or a two point conversion. The team who has the most points at the end of the overtime round will be declared the winner.
6. Interceptions may be returned for two-points.

PENALTIES:

1. All penalties will be called by the Referee and may be declined.
2. All penalties are assessed from the original line of scrimmage.

DEFENSE:

- Off-sides (not automatic first down)
- Pass Interference (Spot Foul, ball is place at spot)
- Illegal Contact (holding, bump and run, blocking, etc.)

Illegal Flag Pull (before receiver has ball). (Penalty is tacked on to end of play)

Illegal Rushing (start rush from inside 7 yard marker)

Throwing a runner to the ground (Penalty is tacked on to end of play)

Stripping the ball from a player (Penalty is tacked on to end of play)

Roughing the passer

Holding, grasping or obstructing the forward progress of the ball carrier (Penalty is tacked on to end of play)

Pushing a player out of bounds is considered a tackle and will be penalized. The flag must be pulled at all times. (Penalty is tacked on to end of play)

All defensive penalties are 10 yards (from line of scrimmage, unless otherwise noted) and automatic 1st down.

OFFENSE:

Illegal Motion (more than 1 person moving, false start, motion, etc. No loss of down)

- Illegal Forward Pass (pass received behind line of scrimmage)
- Offensive Pass Interference (illegal pick play, pushing off / away defender)
- Flag Guarding (assessed from spot)
- Delay of Game - Clock will stop / 10 yards and loss of down.
- All offensive penalties are 10 yards (from the line of scrimmage, unless otherwise noted) and loss of down.

ALL PLAYERS:

Players may NOT commit the following acts Penalty = 10 yards from the end of the play (possible disqualification/suspension may also occur)

All unsportsmanlike penalties

Intentionally kicking the ball

Intentionally kicking at any player

Intentionally swinging an arm, elbow, hand or fist at any player

Disrespecting any official

Using profanity

Taunting

Intentionally contacting an official

Fighting

Tripping an opponent

Contacting an opponent who is already on the ground

Clipping

Tackling

1. Within 10 yards of goal, ball is placed 1/2 distance to the goal.
2. Referees determine incidental contact which may result from normal run of play.
3. Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
4. Games cannot end on a defensive penalty, unless the offense declines it.
5. No intentional contact is allowed! Any use of arms, hands, elbows, legs, knees, etc to initiate contact is illegal.

Playoff TIE BREAKERS:

1. 2 teams tied for one place - whoever won in head to head competition.
2. 3 teams tied for two places - total points scored during tournament play (count the total points scored, win or lose, for all teams - forfeits are worth 14 points).